



## Prayer and meditation resources:

### Themes: Prayer, Meditation, Wellbeing

Silence is an important part of our Christian tradition. And silence itself not only helps us hear the voice of God – it also helps us to meditate which can have a great impact on the quality of our lives, our mental health, and our spiritual connections.

- As one friend speaks to another - Christ is Alive: [www.youtube.com/watch?v=2x5G0RdrPhc](http://www.youtube.com/watch?v=2x5G0RdrPhc)
- YouTube video (Called to More), 'What is contemplative prayer?': [www.youtube.com/watch?v=KpBpAr14GiE](http://www.youtube.com/watch?v=KpBpAr14GiE)
- How to overcome dryness in prayer?: [www.youtube.com/watch?v=WSEFiVsQVDo](http://www.youtube.com/watch?v=WSEFiVsQVDo)
- The Daily Examen (Ignatian Spirituality): [www.ignatianspirituality.com/ignatian-prayer/theexamen/](http://www.ignatianspirituality.com/ignatian-prayer/theexamen/)
- 'Pray as you go' tools – for encountering God and, in turn, our true selves: [pray-as-yougo.org/prayer%20tools/](http://pray-as-yougo.org/prayer%20tools/)
- Brother Richard Hendrick, a Capuchin Franciscan Friar, sharing his thoughts on how the tradition of the Church - especially drawing on his Franciscan heritage - can offer us a basis for caring for well-being: [millionminutes.org/conversation-7-resources](http://millionminutes.org/conversation-7-resources).
- World community of Christian meditation: [www.wccm.org/](http://www.wccm.org/)
- Alone Together – video resources for 'Creating a rhythm for the day': [www.alonetogether.org.uk/shapingtheday](http://www.alonetogether.org.uk/shapingtheday)
- Youtube video (Called to More): [www.youtube.com/watch?v=ThuJE2Ra0IE](http://www.youtube.com/watch?v=ThuJE2Ra0IE)
- Mindfulness and Visualization via Changetalks: [www.youtube.com/watch?v=XWdWPNXiGXU](http://www.youtube.com/watch?v=XWdWPNXiGXU)
- [hallow.app/](http://hallow.app/) - A Catholic meditation app to help you find peace and grow in your spiritual journey.
- Mindfulness Scripture drawing: [www.frogandgnome.com/collections/colouring-sheets/products/7-colouring-sheets-for-anxious-times](http://www.frogandgnome.com/collections/colouring-sheets/products/7-colouring-sheets-for-anxious-times)
- [www.catholicmentalhealthproject.org.uk](http://www.catholicmentalhealthproject.org.uk)
- Cave of the Heart (CD) Guided Christian Meditation by Brother Richard Hendrick (available from the Sanctuary, [www.sanctuary.ie](http://www.sanctuary.ie))

### Theme: Silence

- The silence is Your Friend - Isolation Poem: [www.alonetogether.org.uk/post/the-silence-is-your-friend](http://www.alonetogether.org.uk/post/the-silence-is-your-friend)
- How to Find Silence (10:47 minutes) Father Christopher Jamison OSB offers advice on how to find a time of deeper silence: [www.alonetogether.org.uk/post/how-to-find-silence](http://www.alonetogether.org.uk/post/how-to-find-silence)
- Finding silence in times of social distancing: [millionminutes.org/silence/socialdistancing](http://millionminutes.org/silence/socialdistancing)

### siLent Activity – Stations of the cross

- Get yourselves into groups of 4/5.
- Each group will be given a card which will have one Station of the Cross on it, and a small explanation about what is happening at this station.
- As a group you need to put together a siLent performance of this Station of the Cross. This could be a mime (silent drama) or a freeze frame.
- You have 10 minutes to put it together before we perform them for the class.